

SEPTEMBER 2004

Substitutions may be required
to ensure a nutritious meal.

September 6

LABOR DAY

September 13

Fruit Juice
CRISPY FISH FILLET
w/Tartar Sauce
Au Gratin Potatoes
Broccoli
Corn Bread
Milk

September 20

BEEF HASH COUNTRY STYLE
Broccoli w/Cheese Sauce
Hot Spiced Apples
WW Bread
Milk

September 27

PEPPER STEAK W/RICE
Broccoli Normandy
Carrots
Pudding
Cracked Wheat Bread
Milk

September 7

Fruit Juice
SALISBURY STEAK
w/MUSHROOM GRAVY
Whipped Potatoes
Harvard Beets
WW Bread
Milk

September 14

Fruit Juice
SOUTH OF THE BORDER BEEF
Green Beans
Corn
Flour Tortilla
Milk

September 21

CHICKEN STRIPS
Mashed Potatoes w/Gravy
Spinach
Carrot/Pineapple & Raisin Salad
WW Bread
Milk

September 28

Fruit Juice
TACO SALAD CASSEROLE
w/Picante Sauce
Corn
Refried Beans
Tortilla
Milk

September 1

OVEN FRIED CHICKEN
Mashed Potatoes
Mixed Vegetables
Peaches/Cottage Cheese Salad
WW Bread
Milk

September 8

Fruit Juice
CHICKEN RICE CASSEROLE
Green Beans
Corn
Cracked Wheat Roll
Milk

September 15

Fruit Juice
ROAST BEEF w/GRAVY
Whipped Potatoes
Scandinavian Mixed Veggies
Peanut Butter Cookie
WW Bread
Milk

September 22

BBQ MEATBALLS w/RICE
Beets
Seasoned Green Beans
Pudding
WW Bread
Milk

September 29

BAKED HAM
w/PINEAPPLE SAUCE
Sweet Potatoes
Broccoli
WW Bread
Milk

September 2

BAKED HAM
w/PINEAPPLE SAUCE
Scalloped Potatoes
Peas
Coleslaw
WW Bread
Milk

September 9

TUNA SALAD
Coleslaw
Carrot/Raisin Salad
WW Bread
Milk

September 16

Fruit Juice
OVEN FRIED CHICKEN
Mashed Potatoes
Mixed Vegetables
Chocolate Cake
WW Bread
Milk

September 23

PORK ROAST
w/RICE PILAF
Mushroom Gravy
Mixed Vegetables
Citrus Salad
WW Bread
Milk

September 30

CORNEB BEEF & CABBAGE
w/MUSTARD
Carrots
Mashed Potatoes
Pears
WW Bread
Milk

September 3

SWISS STEAK & NOODLES
Broccoli
Apple-Cranberry Crisp
WW Bread
Milk

September 10

HOT TURKEY SANDWICH
Mixed Vegetables
Mashed Potatoes
Cranberry Sauce
WW Bread
Milk

September 17

Fruit Juice
LASAGNA
Peas
Carrots
Texas Toast
Milk

September 24

CHICKEN FRIED STEAK
Mashed Potatoes W/Gravy
Cream Peas
Fruit Crisp
WW Bread
Milk